Sushi fare that's square

Rolling skills on the rough side? These straight-edged sushi are a simple-to-make but elegant appetizer PAGE 13

CROSS IS BOSS

WE'RE PROUD TO INTRODUCE METRO'S BRAND-SPANKING-NEW CROSSWORD PUZZLE PAGE 15

REGIONAL metro®

Thursday, November 1, 2012

News worth sharing.

metronews.ca | twitter.com/metroregina | facebook.com/metroregina

Province reopens flu clinics

Hold lifted. Health Canada says Novartis vaccine safe to use

Saskatchewan is reopening its flu clinics after getting the all-clear from Health Canada on the Novartis vaccine.

"Some of the larger clinics, of course, will need a day or two to ramp up because while the clinics were suspended, staff were busy doing other things," chief medical health officer Dr. Saqib Shahab said Wednesday.

All flu clinics in Saskatchewan were put on hold last Friday after tiny clumps of virus particles were found in some batches of the vaccine made in Italy.

However, officials said the European batch was different than the one supplied to Canada.

Normally the viral proteins in flu vaccine are not visible to the naked eye, but from time to time they fall out of suspension and can be seen. Novartis said it is not uncommon, nor is it a sign that there is something wrong with the vaccine.

Health Canada lifted its hold on Novartis flu vaccines Wednesday, saying they are safe to use.

Novartis provides about 20 per cent of Canada's flu vaccine. However, Saskatchewan relied on Novartis for about 95 per cent of its supply, which is why all clinics had to be suspended.

Shahab estimates about 120,000 people have received the vaccine so far.

He also said the province has confidence in the immunization program and people shouldn't be apprehensive about getting the shot. He likened the temporary hold to waiting for a plane.

People who have already received the vaccine do not need to be revaccinated.

THE CANADIAN PRESS

THE ART OF THE DEAL

Jason Aebig, left, board chair of the Remai Art Gallery of Saskatchewan, and Ron Styles, president and CEO of SaskTel, pose for a photo at the Remai Arts Centre on Wednesday morning. SaskTel recently donated $600,000 to the gallery's capital campaign. See story on page 2. MORGAN MODJESKI/METRO IN SASKATOON

To boldly grow where many have grown before

Following news that P.E.I. Premier Robert Ghiz has joined Brad Wall on his Movember mission, we take a look at the various facial-fuzz options for our provincial head PAGE 3

True Blue Canadiana

Blue Rodeo frontman Jim Cuddy shares his thoughts on the ups and downs of success and the current state of the country's music industry PAGE 9

Fatal drive

Man sentenced in death of best friend

A 21-year-old Saskatchewan man was sentenced to 18 months in jail for driving drunk and causing a crash that killed his best friend.

Lukas Nicolas cried as he told a Saskatoon court that he regrets what he did. In December 2010, he was driving his truck with Myles Cameron and four other passengers. They were heading back to the Beardy's First Nation after buying alcohol in Duck Lake.

The truck rolled into the ditch and Cameron — not wearing a seat belt — was thrown and ended up dying underneath the vehicle.

Cameron played in the Prairie Junior Hockey League.

CKOM/CJME/THE CANADIAN PRESS

Excavation

Mine project set for November

Excavation of the main shafts at BHP Billiton's Jansen Lake Mine project in northern Saskatchewan is set to begin in late November. The project remains unapproved at the board level.

CJWW/THE CANADIAN PRESS

Speeding

Construction-zone fines hiked

Putting the pedal to the metal in highway construction zones is getting more costly for Saskatchewan drivers.

Starting Thursday, the province is increasing the base fine for drivers caught speeding in the orange zone to $210 from $140.

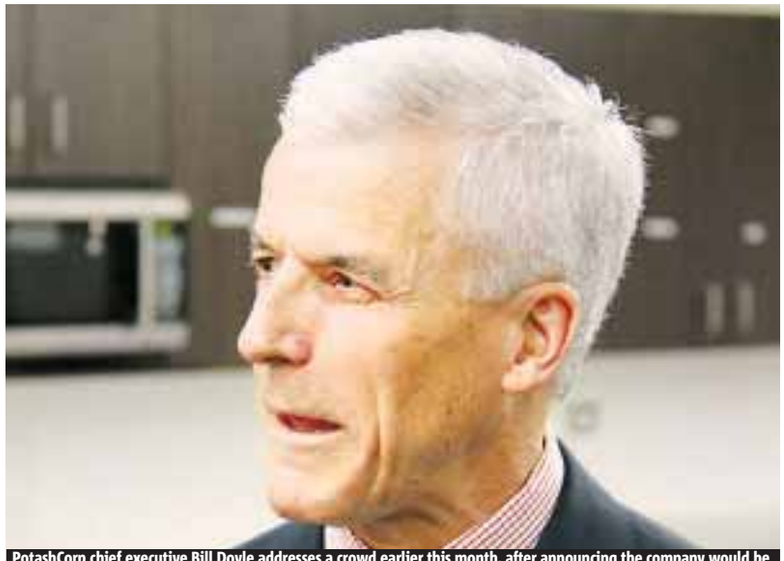
There will be an added charge of $3 for every kilometre a driver goes over 60 km/h, and a $6 charge for every kilometre over 90 km/h.

The province also says that starting this fall, rumble strips and gates narrowing approaches to construction zones will be used on major highway projects.

THE CANADIAN PRESS

Potash held talks about upping stake in Israel Chemical Ltd.

Keeping options open. No word yet on result of discussions with other major potash miner, which is half-owned by Israel Corp.



PotashCorp chief executive Bill Doyle addresses a crowd earlier this month, after announcing the company would be making temporary layoffs. BRIAN MOSKOWITZ/FOR METRO

Potash Corporation of Saskatchewan confirmed Wednesday that it has held talks with Israeli government officials about increasing its stake in Israel Chemical Ltd.

However, the fertilizer giant said no deal has been formulated. "There is no assurance that a deal will be reached, or that parties will sign an agreement," the company said in a brief statement. They declined further comment.

The Canadian company sought to increase its stake in ICL earlier this year to 25 per cent from about 14 per cent, but dropped its attempt in the summer after delays in the government process.

"That was taking a very long time and was really an undefined situation in terms of what they were looking for, and so after months of going through that, we just decided to withdraw," PotashCorp chief executive Bill Doyle said in June.

"But, you know, we're keeping all of our options open there in terms of ICL, and, you know, we're just taking a little step back and we'll reappraise those options."

Shares in ICL, which were briefly halted in trading on the Tel Aviv Stock Exchange, were up about five per cent Wednesday, giving the company a stock-market value of about $15.1 billion.

Although PotashCorp holds a 14 per cent stake, it does not have any seats on the ICL board. Israel Corp. owns roughly a 52.3 per cent interest.

Israel Corp. said PotashCorp held a meeting with Israeli Prime Minister Benjamin Netanyahu in connection with a possibility for a potential merger deal.

ICL mines potash from the Dead Sea and the Negev desert, as well as in Spain and England.

PotashCorp is the world's largest fertilizer company by capacity. THE CANADIAN PRESS

Lagging profits

Last week, PotashCorp reported a drop in third-quarter profits due in part to delays in reaching contracts with customers in China and India.

- **Earnings.** The company also cut its earnings guidance for 2012 by about 14 per cent.
- **Digging in.** Doyle said the company was prepared to dig in and wait for China and India to make deals in light of their need for fertilizer to grow food production, and predicted demand would rebound significantly in 2013.
- **Stock.** PotashCorp shares were up 46 cents at $40.43 on the Toronto Stock Exchange on Wednesday.

SaskTel announces Remai sponsorship deal

A rendering of the future Remai Art Gallery of Saskatchewan. Crown Corporation SaskTel and the Remai entered into a $600,000 sponsorship agreement on Wednesday. SUPPLIED

The relationship between SaskTel and the Remai Art Gallery of Saskatchewan was kicked up a notch Wednesday morning.

SaskTel announced a $600,000 sponsorship deal with the gallery that will see the second-floor lecture hall of the new gallery sport the Crown corporation's name from when it opens in 2015 until 2025.

Doug Hodson, chair of the Remai's capital campaign, says the commitment was an important one for the gallery.

"It's a very significant donation from a very generous corporate citizen," said Hodson. "This allowed us to hit the $20-million milestone, which allowed the city to proceed with tendering of the project, and I think, more importantly, the gallery will have a long-term relationship with SaskTel as they've had in the past."

The $71-million Remai Art Gallery of Saskatchewan will be the province's largest gallery. In late September it received a donation of 405 Picasso linocut prints, attracting national and international attention.

MORGAN MODJESKI/
METRO IN SASKATOON

Online

For more local news visit metronews.ca

Movember: Bring it on!

Having met his $3,000 fundraising goal well before Nov. 1, Premier Brad Wall will be growing the best moustache he can muster for Movember.

The pledge to participate has inspired some friendly rivalry between Saskatchewan and P.E.I., as Premier Robert Ghiz has accepted the challenge to grow a moustache as well.

As of Wednesday afternoon, Wall had raised nearly $4,500 for the Movember charity, which works to raise money and awareness for prostate cancer.

Metro thought it would be fun to get a sneak peek at what Wall might look like with a moustache.

JANE CAULFIELD/METRO

PHOTO: TROY FLEECE/THE CANADIAN PRESS
PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO

On the street

Metro asked: Are moustaches hot or not?

"Depends on who, because if it's a man past their 40s, it's no longer hot. But if it's someone with a good sense of style, it can be attractive."

Kaitlin Heather Laurén, 23, singer

"If it's done right, then yes. But it can also be creepy and weird."

Nykki Schmid, 25, server

"Mustaches are definitely hot on the right guy. It adds a little character and it adds a little style, but you can definitely do it the wrong way."

Tania Rice, 32, esthetician

"Mustaches are not hot at all because men get food stuck in them all the time and you can see it when they are eating."

Chelsey Lillejord, 28, esthetician

On the web

For more on Movember, visit metronews.ca

‘Ow, it hurts’ — shocking vids seen at teen’s inquest

Caution: Graphic content. Hooded Ashley Smith had her hands duct-taped to an airplane seat by prison guards

Ashley Smith is shown in this still image taken from a coroner’s video. THE CANADIAN PRESS/HANDOUT

The haunting protests of a now-dead teenager filled a Toronto coroner’s courtroom Wednesday.

Surveillance videos were screened showing the troubled inmate repeatedly tranquilized against her will or being threatened with having her face duct-taped.

The disturbing images of Ashley Smith — images finally released after a two-year fight — showed the 19-year-old at several points in the run-up to her October 2007 choking death in a prison cell in Kitchener.

“Ow, it hurts,” a hooded Smith yells at one point as prison guards duct-tape her reddened hands to an airplane seat.

“Trust me: I am calm,” she says in a thin voice at another point, as guards threaten her.

The airplane video, from April 2007, shows Smith’s transfer from a Saskatoon prison, where a supervising guard had assaulted her by bashing her head into the floor.

Although she doesn’t appear to be putting up much resistance and she’s wearing two “spit hoods” over her face, the guards duct-tape her hands to the arm rests.

The pilot then weighs in.

“Don’t bite me,” he says.

“I’m not,” Smith responds.

“It’ll get worse if you do.”

“How can it get worse?”

“I’ll duct-tape your face.”

Correctional Service Canada is fighting to narrow the scope of the inquest into her death, arguing the coroner has no jurisdiction to delve into the federal prison system.

“Don’t let them get away with it,” Julian Falconer, Smith’s family lawyer, told presiding coroner Dr. John Carlisle. THE CANADIAN PRESS

Guards watched

Ashley Smith, 19, died Oct. 19, 2007, inside a segregation cell at the Grand Valley Institution for Women in Kitchener, Ont.

- She choked herself to death with a strip of cloth while guards, instructed not to intervene, watched.

Grief. Hydro worker killed in storm aftermath

A hydro worker was killed Wednesday in southwestern Ontario while working on a power line damaged by Superstorm Sandy.

The worker, whose name was not released, was electrocuted while tending to a downed power line in Sarnia, said the labour ministry.

Bluewater Power CEO Janice McMichael Dennis said the death was an “unbelievable” shock.

“As you can imagine his family is grieving and we are grieving here as his family,” she said.

“It is an unspeakable tragedy.”

Provincial Energy Minister Chris Bentley took to Twitter to extend his condolences to the worker’s family.

“Thoughts and prayers with family of Hydro worker killed in Sarnia,” Bentley wrote.

It was the second known death in Canada related to Sandy. A Toronto woman was killed by a falling sign on Monday.

THE CANADIAN PRESS

Eastern farmers tell the West: Hey, we need your hay

Farmers hit by a major drought in Ontario and Quebec say they’re growing frustrated by delays in getting federal dollars to help bring in desperately needed hay from Western Canada.

Government sources say federal Agriculture Minister Gerry Ritz approved a cost-sharing plan with the Ontario government last week to help pay for the shipments of winter hay.

The plan would see Ottawa pick up 60 per cent of the shipment costs, with Ontario paying the rest, up to a maximum of $3 million.

The federal portion of the funding would come from the government’s Growing Forward initiative.

But Ritz says no decisions have been made and the government is still calculating what’s needed.

“Our assessment is ongoing on what further assistance may be required and we are considering all options under existing programs,” Ritz said in an email.

Ontario’s agriculture minister, Ted McMeekin, meanwhile, could announce provincial funding as early as this weekend.

“It’s very frustrating,” says Dave Campbell, president of the Lanark Federation of Agriculture, who is helping to organize an event Saturday to raise private donations for the shipments.

“I know the provincial government that everybody is criticizing has been on side all along,” said Campbell. “Even Conservative farmers ... are concerned.”

Farmers in Ontario and western Quebec were left short of hay to feed their livestock when a severe drought hit the area over the summer.

“Hay East 2012” is a sequel of sorts to the “Hay West” assistance program that saw eastern farmers send more than 100,000 tonnes of hay to farmers in Western Canada when that region faced a similar drought in 2002.

Some farmers in eastern Ontario have already received more than 200 bales of donated hay from Western Canada through deliveries organized by the Mennonite Disaster Service.

Western farmers have contributed thousands of bales of hay to pay back their eastern cousins for their generosity of a decade ago, but organizers say transporting the bales east takes money.

“Farmers in Western Canada have stepped up to donate thousands of round bales of hay to our eastern neighbours in need, but we need cash donations to help us transport it across the country,” said Nial Kuyek, general manager of the Agricultural Producers Association of Saskatchewan. THE CANADIAN PRESS

Quoted

“It’s encouraging to see western farmers pulling together to help their fellow farmers in Ontario.”

Gerry Ritz,
federal agriculture minister

Don’t blame Sandy

It’s cleanup time in Toronto — and you can’t put all the blame on Superstorm Sandy. While its torrential rains were causing havoc, a fierce fire broke out on the city’s fashionable Queen Street West. A commercial building that housed apartments and a Roots store was destroyed. The cause isn’t known. RENÉ JOHNSTON/TORSTAR NEWS SERVICE

Storm aftermath

Toronto offers N.Y.C. transit help

Toronto’s transit bosses have offered to help New York get its transit service back on line.

The offer extends “to whatever they need — track, signal, structural, electrical expertise, vehicle engineers,” said Toronto Transit Commission spokesperson Brad Ross.

Meanwhile, Toronto council voted to help New York City with its cleanup after Superstorm Sandy.

TORSTAR NEWS SERVICE

Protesters missing

N.B. says sorry for doctored photo

New Brunswick’s government is apologizing after a photo on its website was altered to remove union protesters.

The picture was posted along with a news release promoting the official opening of a new highway.

It showed schoolchildren on a road in Pennfield, N.B., but there were several blurry protest signs partially removed.

The government took down the photo Wednesday. THE CANADIAN PRESS

Vacationers. Tourists can finally get off Facebook and see a bit of the city

Museums, the Empire State Building, Broadway theatres and many stores reopened Wednesday to the relief of tourists who'd been stuck in hotel rooms since the weekend due to Superstorm Sandy. But parks, the 9-11 Memorial, the Statue of Liberty, Ellis Island and other top attractions remained shuttered.

"We tried to go to Central Park but it was closed," said Angela Walsh, who travelled from Lincoln, England, with her husband and two kids, as they took pictures at Rockefeller Center Wednesday morning, where the rink was opening for skating. She said they'd spent much of the last two days in their hotel room. "Thank God for Facebook," she added. "That kept them entertained." THE ASSOCIATED PRESS

Bright side

"We are pleased because we are alive."

Tourist Martine Juillard of Paris, waiting with her daughters for the Abercrombie & Fitch store to open on Fifth Avenue

Commuters cross New York's Brooklyn Bridge Wednesday. Rush-hour traffic appeared heavier than on an ordinary day. RICHARD DREW/THE ASSOCIATED PRESS

N.Y.C. Marathon

Disaster will be backdrop to run

The New York City Marathon is a go for Sunday. While logistical questions persist, one thing is certain: The 42-kilometre route will have a disaster for a backdrop. And a debate: Some say it pulls resources and focus away from people in need.
THE ASSOCIATED PRESS

Alert over

Danger cools at N.J. nuclear plant

A nuclear power plant in New Jersey is no longer under an alert caused by Superstorm Sandy. The alert at Oyster Creek plant in Forked River was triggered as water rose outside the plant, threatening cooling equipment. It ended early Wednesday.
THE ASSOCIATED PRESS

Storm victims in need of shelter and comfort

New problems arise. Blazes rekindled by natural-gas leaks destroy dozens of homes in N.J.

U.S. President Barack Obama embraces Donna Vanzant during a tour Wednesday of a neighbourhood affected by Superstorm Sandy in Brigantine, N.J. Vanzant is an owner of North Point Marina, which was damaged by the storm. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

People along the battered U.S. East Coast took the first cautious steps to reclaim their daily routines Wednesday, even as the search for victims continued. Superstorm Sandy's death toll rose to at least 63.

The New York Stock Exchange came back to life, and two major New York airports reopened to begin the long process of moving stranded travellers around the world.

U.S. President Barack Obama landed in New Jersey, which was hardest hit by Monday's hurricane-driven storm, and he took a helicopter tour of the devastation with Gov. Chris Christie. "We're going to be here for the long haul," Obama told people at one emergency shelter.

For the first time since the storm pummelled the heavily populated U.S. northeast, doing billions of dollars in damage, brilliant sunshine washed over New York City, for a while.

At the stock exchange, running on generator power, Mayor Michael Bloomberg gave a thumbs-up and rang the opening bell to whoops from traders. Limited service on the subway will resume Thursday.

It was clear that restoring the region to its ordinarily frenetic pace could take days — and that rebuilding the hardest-hit communities and the transportation networks could take considerably longer.

About six million homes and businesses were still without power. In New Jersey, National Guard troops arrived in the heavily flooded city of Hoboken to help evacuate about 20,000 people still stuck in their homes and deliver ready-to-eat meals. Live wires dangled in floodwaters that Mayor Dawn Zimmer said were rapidly mixing with sewage.

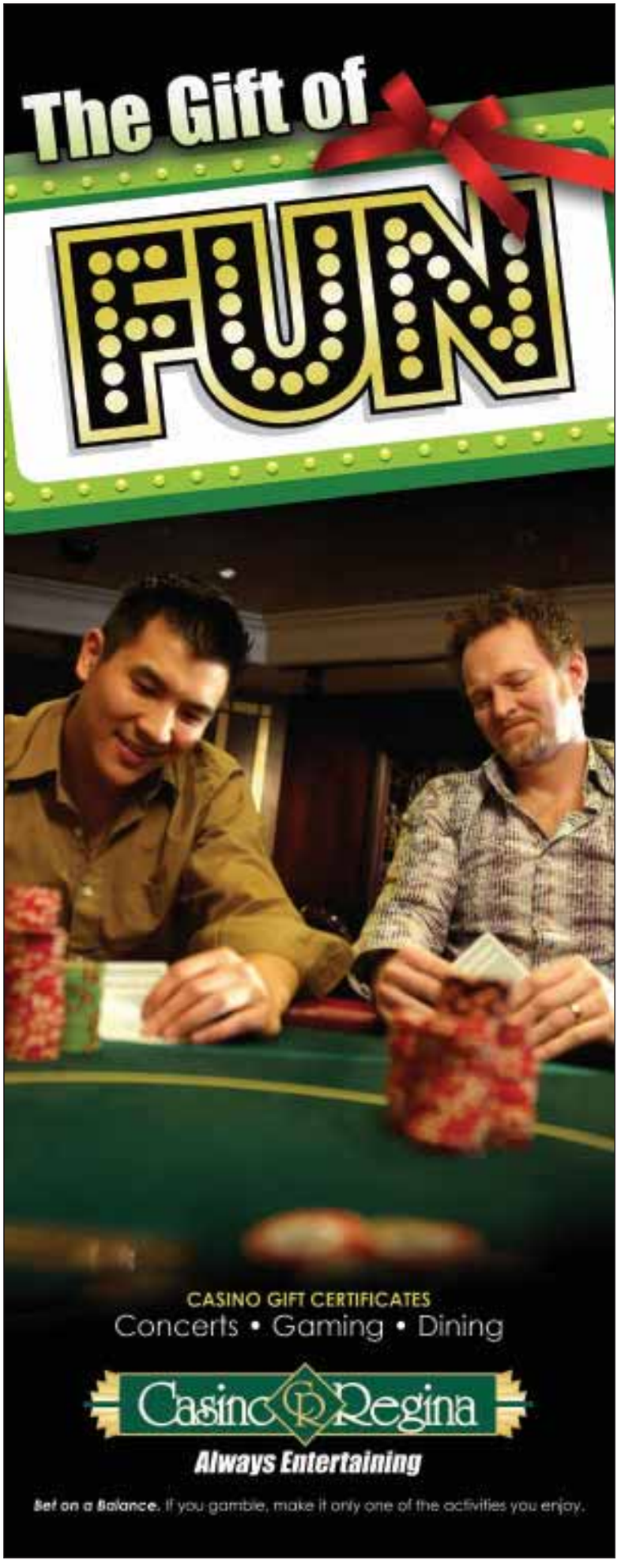
Tempers flared. A man screamed at emergency officials in Hoboken about why food and water had not been delivered to residents just a few blocks away. The man, who would not give his name, said he blew up an air mattress to float over to a staging area.
THE ASSOCIATED PRESS

Unlikely bromance

U.S. President Barack Obama joined one of his top Republican critics to visit storm victims in New Jersey, giving Americans a high-profile display of presidential leadership.

- Gov. Chris Christie has been one of Mitt Romney's most prominent supporters, but he has been effusive in his praise of Obama's response to the storm.

STANDARD.
AUTOMATIC.
bounce
bounce
4
Like taking control with sheets? Or want to kick back and let the dryer bar give you automatic Bounce freshness for about 4 months* at a time? Whichever type you are, you'll be the type of person who has awesomely fresh laundry every time.
HOW DO YOU GET YOUR BOUNCE?
Learn more at facebook.com/bounce


The Gift of
FUN
CASINO GIFT CERTIFICATES
Concerts • Gaming • Dining
Casino Regina
Always Entertaining
Bet on a Balance. If you gamble, make it only one of the activities you enjoy.

Graphic Guns N' Roses ad stirs up controversy

Sin City. Promotional campaign lands Las Vegas city officials in hot water with victims of domestic abuse

A county commissioner in Las Vegas says she regrets that the board temporarily renamed a street in honour of Guns N' Roses after finding out about the band's suggestive publicity artwork.

Ads promoting the band's four-week run at the Hard Rock Hotel & Casino depict a dishevelled woman who appears to be sexually assaulted beneath the iconic "Welcome to Fabulous Las Vegas" sign.

"I hadn't seen the advertising before the media event," Commissioner Mary Beth Scow told the Las Vegas Sun. "It's clearly inappropriate. Maybe it's the risk of doing business with a rock band, but I guess we'll have some remorse over this decision. It's a lesson learned."

Singer Axl Rose performs at the Hollywood Palladium. JASON MERRITT/GETTY IMAGES

Scow represented Clark County at a ceremony Monday that renamed Paradise Road to Paradise City Road, after the band's famous 1987 song. The county prepared street signs with the new name, on a promise that the band's promoters would reimburse the $300 cost of doing so.

Scow said she'd done her due diligence before the renaming, even listening to the song beforehand. She said she liked the line in the chorus, "Take me down to the paradise city, where the grass is green and the girls are pretty."

But she later learned about the graphic posters, which are a sanitized version of the much-criticized cover from Guns N' Roses' debut album Appetite for Destruction.

An advocate for domestic-violence victims said the county should rescind the street-name change, and the band and venue should apologize for using the image.

THE ASSOCIATED PRESS

Halloween lobster is one in 50 million

This image released by the New England Aquarium shows a one-pound female lobster, known as a "Split," that was caught by a Massachusetts fisherman last week. Officials say such rare Halloween coloration is estimated to occur once in every 50 million lobsters. EMILY BAUERNSEIND/THE ASSOCIATED PRESS

Neglected

Wife dead, husband faces charges

The husband of a 400-pound (180-kilogram) U.S. woman has been charged with abuse after her recent death.

Authorities are accusing Michael Brooks of allowing Yolanda Reese-Brooks to fester in a bed surrounded by her own waste. The 40-year-old woman died of morbid obesity and other injuries last week.

The prosecutor's office says Brooks was his wife's primary caretaker after she sustained a crushed pelvis and ruptured bladder in a 2011 auto wreck.

Brooks is charged with second-degree abuse of a vulnerable adult. Prosecutor Eric Smith says Brooks' conduct was "shameful." Reese-Brooks' four children now are living with a relative.

It's unknown if Brooks has a lawyer. He doesn't have a listed phone number.

THE ASSOCIATED PRESS

Have a latte and a charged phone

Power up. Starbucks starts wireless charging program in U.S. stores

In this July file photo, a cup of Starbucks coffee sits outside a shop in Cambridge, Mass. The chain's Boston-area stores now offer customers wireless charging for their mobile devices. THE ASSOCIATED PRESS FILE

If Starbucks has its way, that double espresso might not be the only thing to give you a jolt the next time you visit.

The Seattle-based coffee chain has unveiled a wireless charging pilot program at 17 Boston-area stores. All Starbucks locations have had free Wi-Fi access since 2010.

The company didn't immediately respond to a Torstar News Service request for comment, but in a published report, executive Adam Brotman didn't rule out expansion of the wireless charging program to other Starbucks locations.

"Customers are coming into our stores every day with mobile devices, and putting them down on the table. If they could be charging their device at the same time, then we've connected with that customer and met their need, maybe even before they realized they had a need for wireless charging," Brotman said in the report, from the Boston Globe.

The wireless charging uses inductive chargers supplied by Duracell Powermat. While inductive charging has the advantage of doing away with wires that people can trip over, there are a few disadvantages.

In particular, inductive charging doesn't charge batteries up as quickly as standard plug-based charging. Another issue is that inductive charging can heat your device up in addition to charging it.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR
100.10¢ (+0.03¢)

TSX
12,422.91 (+45.86)

OIL
$86.24 US (+$0.56)

GOLD
$1,719.10 US (+$7)

Natural gas: $3.69 US (-1¢)
Dow Jones: 13,096.46 (-10.75)

Financial planning

40% of Canadians relying on homes to fund retirement

About four in 10 respondents to a new BMO study say they aren't confident in their ability to save for retirement and the same number are relying on the value of their home to help fund their retirement.

BMO warns that using a home as a nest egg is a risky idea and that personal savings must play a role in retirement planning. The survey, conducted by Harris Decima, polled 1,002 people. THE CANADIAN PRESS

E-commerce . Canucks will buy one-fifth of holiday presents online

This holiday season, about 20 per cent of gift purchases in Canada are expected to be made online.

One in five presents bought via the web sounds like a sizable number, but compare that figure to the shopping habits of web-savvy Americans, Brits and Germans and it's actually tiny.

According to a recent eMarketer report, 90 per cent of Internet users in the U.K. expect to do some of their shopping online this year and half expect to do most of their buying through the web.

E-commerce could be a much, much larger trend in Canada if consumers had more places to shop online, says Rafe Petkovic, Google Canada's head of industry for retail.

The state of online shopping in Canada today is similar to what consumers in the United States, U.K. or Germany experienced in 2006 or 2007, Petkovic adds, with relatively few retailers to choose from, limited inventory selection and inconsistent shipping options.

"They are certainly markets that are very, very far advanced in comparison to some of the most nascent markets, of which I think Canada is one," he says. "That's not to say it's going to take five to six years to get to a state of e-commerce sophistication, because the benefit that Canadian retailers have is they can steal with pride and learn the lessons that have been painfully learned by their peer set in other markets around the globe."

THE CANADIAN PRESS

Canadian challenges

- The country's vast geography and lack of population density are daunting to Canadian retailers looking to launch an online shop.
- Those factors make inventory management and the ability to offer inexpensive — or ideally free — shipping more challenging.
- Having a robust, secure e-commerce operation also requires a significant investment, which some companies have been reluctant to make.

Sick of Colds and Flu?
Fight Back with Plant Sterols!

If you find yourself running for cover every time someone coughs, or missing days of work due to chronic colds and flu, then your immune system may need help.

Plant sterols help balance the immune system to fight chronic colds and flu, especially in the winter months when our immune systems can be under constant attack.

Plant sterols are essential to the body, but like vitamin C, the body cannot synthesize them, they have to be ingested. However, due to the modern processing of food, today's diets tend to be deficient in sterols.

Immuno-Care® is a one-a-day plant sterol supplement clinically tested and proven to support the body against colds, flu, seasonal allergies, infection, inflammation and the symptoms of auto-immune diseases.

Don't miss another day!
Guaranteed to work!

Your product saved my career! *I teach college level and in the winter...I was catching five, six colds a year... I was seriously considering retirement. My sister suggested Immuno-Care. Well I have not caught a single cold since then. I have been cold free for three consecutive winters now... I don't think I would dare face another Canadian winter without it.* A.L. PQ

Guaranteed to fight:

- Chronic Colds & Flu
- Seasonal Allergies
- Fibromyalgia
- Eczema & Psoriasis
- Painful Joints & Muscles

100% MONEY BACK GUARANTEED TO WORK! 100% MONEY BACK

Ask for Immuno-Care at your local Health Food Store

COUPON $2 OFF Immuno-Care®
ANY SIZE
Only at your local Health Food Store
MANUFACTURER COUPON - TO THE RETAILER: For redemption, mail to: Preferred Nutrition, 153 Perth Street, Acton, ON L7J 1C9 Expiry: January 31, 2013 Code: 04-130
Preferred Nutrition PNO.CA
CUSTOMER SIGNATURE REQUIRED FOR VALIDATION

BELIEVING IN STAR WARS IS SO DONALD DUCK

HE SAYS...
John Mazerolle
metronews.ca

Finally, there's going to be a fourth Star Wars movie! After almost three decades! Wow!

It's hard to believe there's been nothing since Return of the Jedi, back in 1983! Because there hasn't been. Nothing. *Nothing.* Understand? There have been no prequels, no tampering with the trilogy, no terrible cartoons. Understand?

George Lucas THE ASSOCIATED PRESS

Good. And if I hear the word midi-chlorian out of you, it won't just be Greedo shooting first. Got it?

Sigh.

Much like Lando's "mask" in Jabba's palace, I'm not fooling anyone. But, like every human from this galaxy who has ever seen Star Wars, I wish somebody would Jedi mind-trick me into forgetting the prequels and spinoffs and "special editions."

But now George Lucas has sold the franchise to Disney for more than the GDP of Swaziland (for real, I Googled it). And Mickey and Co. say they're going to make at least three more films, which means Star Wars geeks everywhere have new hope.

Much anger, fear, hate and suffering have we for Lucas. It's impossible to think of a creator of anything so popular who is more reviled than he is. Many geeks spit his name the same way NHL fans say "Gary Bettman," but Bettman didn't invent hockey. It's a unique situation.

The ship has sunk

"I've heard a couple of people say that they're worried Disney will ruin the franchise, which to me is like worrying a salvage team retrieving a sunken ship might scratch the hull."

But, then again, it's hard to overstate how disappointing Episode I: The Phantom Menace was to anyone who watched Star Wars as a child. Never have so many stood in line for so little.

There's a Lord of the Rings prequel coming out next month: If Lucas was in charge of that project, we'd learn that the battle for Middle Earth was a dispute over an estate tax, that Frodo can carry the ring because of micro-organisms called arthro-mitials, and that before Sauron became the Dark Lord he was a whiny teenager.

Was Lucas only in it for the money? Maybe. But more likely he was only in it for the toys, be it multimillion-dollar special effects or plastic figurines.

Star Wars always had lots of merchandise, but in the old days it was more a by-product of the excellent films. The original toys were sort of charming in their clunkiness. A lightsaber appeared magically from inside Luke's arm, decals came off R2-D2 in the bathtub, and many frustrating hours were spent in childhood just trying to get Hammerhead to stand up without falling over.

By the time the third prequel came out, there were so many slick toys, ads and cross-promotions it would not have surprised me to see Obi-Wan talking through an AT&T hologram and Darth Vader explaining that he draws his strength from the power of Pepsi.

I've heard a couple of people say that they're worried Disney will ruin the franchise, which to me is like worrying a salvage team retrieving a sunken ship might scratch the hull.

With any luck, Episode 7 will be the movie we were all waiting for in the late '90s. After all, Disney is the film company that has made epic sequels like The Santa Clause 2, and sci-fi fantasy smashes like John Carter. What could possibly go wrong?

May the Force have mercy on us all.

500 years and counting

MUSEI VATICANI

Anniversary

Painting marks half-millennium

Today marks 500 years since the completion of one of the world's greatest artistic masterpieces, Michelangelo's Sistine Chapel ceiling.

To commemorate the half-millennium, Pope Benedict XIV has held a simple vespers prayer service, a repeat of the devotion to the finished ceiling by Pope Julius II in 1512.

The Vatican has warned it may eventually limit the number of visitors (now five million a year), with sweat, dust and carbon dioxide all contributing to the painting's slow decay. METRO

Conservation

Air conditioner to help preserve art

In an effort to purify the air inside the sacred site and protect the frescoes, a state-of-the-art air-conditioning system, which Vatican Museums director Antonio Paolucci claims is "the most advanced in the world," will be in place by the end of 2013. "My goal is the elimination of atmospheric pollution and I believe the new system will work very well," Paolucci said.

But the conservation has not been without criticism.

"Until the last restoration (1980-90) the ceiling was in remarkably good condition for its age," Michael Daley, director at restoration group ArtWatch, told Metro. METRO

Sistine Chapel

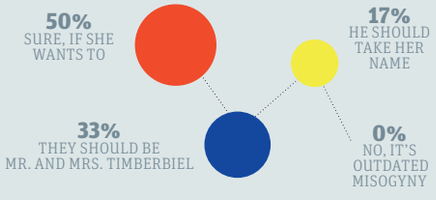
- In 1475, the Sistine Chapel was commissioned by Pope Sixtus IV, from whom it gets its name. Since that time, Catholic cardinals have convened at the chapel in a papal conclave to elect a new pope.
- Michelangelo was accused of immorality and obscenity for depicting naked figures in a church. After his death, Church officials ordered another artist to paint loincloths over the offending genitalia.

The Creation of Adam is the most famous section of the fresco.
MUSEI VATICANI

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should Jessica Biel be taking Justin Timberlake's last name?



Twitter

@KateWard5:
Dried fake blood on my face is beginning to itch. Yuck! The only thing I hate about this holiday #halloween #YQR #UofR

@daennacurrie:
Those coming to our house tonight should choose trick over treat or risk major disappointment. ?#halloween

@Krista_B_85:
It's literally faster for me to get on a plane and fly to Vancouver to shop then it is to drive to Cornwall and find a parking spot. #yqr

@thebrianwarren:
one mo day to go. been a good beard, but it's time to lather up and say goodbye. ?#movember ?#tearfulshaving ?

@catherinejaenen:
Tomorrow is like Christmas... HELLO MOVEMBER! ?#soexcited #dirtystache

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

‘Canadian music would die without CanCon’: Jim Cuddy

Tour in the new year. Cuddy gave a performance at U of S and talked about the trials of being in a successful band and the state of the Canadian music industry

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

With a new album on the way and a tour planned in support of it, members of Blue Rodeo aren’t resting on their laurels as one of Canada’s most influential, and successful, bands.

But they can be forgiven if they are indulging in a bit of nostalgia for their early work.

The band recently released a box set, Blue Rodeo: 1987–1993, containing remastered versions of their first five albums plus bonus material, which singer Jim Cuddy says brought back some strong memories of the band’s early days.

“We just knew we were a good band and we fit really well together,” Cuddy said in an interview. “It was really some nice nostalgia to go back and listen to that stuff.”

Cuddy recently made a stop at the University of Saskatchewan and took to the microphone as he has so many times before.

And while he did break out the guitar to play a few Blue Rodeo favourites plus material from his solo career, the focus of this performance was the spoken word.

He spoke candidly about the ups and downs the band has experienced since forming in the mid-80s, including times members drifted apart because they were “ready to kill each other,” due to nearly constant touring and recording.

The main topic of discussion was the Canadian music industry itself. Cuddy is a strong proponent of the Canadian Content rules enacted by the CRTC, and he believes they are just as important for bands today as they were 30 years ago, saying; “Canadian music would die without CanCon.”

Cuddy says there wouldn’t be a box set of Blue Rodeo music without the regulations.

And the band has also taken inspiration from one of those early successful recordings to create their newest album, which is being recorded at singer Greg Keelor’s farmhouse.

“We went with the idea that we would do something along the lines of (the album) Five Days in July,” said Cuddy. “We tried to play all together and just listen to the results and work quickly.”

The finished product, along with classic Blue Rodeo songs, will be featured when the band hits the road in 2013. The tour starts in Whitehorse on Jan. 2. While that may seem like a strange date and location weather-wise, Cuddy says it’s just another Blue Rodeo tradition, “We’ll do our typical middle of the winter tour, but we like that.”

Blue Rodeo will perform in Regina Jan. 14 and Saskatoon Jan. 15.

More on the band

Jim Cuddy and co-lead singer Greg Keelor have been friends since attending high school together in Toronto

- After spending some time in New York in the early ’80s they returned to Canada and formed Blue Rodeo.
- The band has released 12 studio albums, which have sold more than three million copies.
- They have won eleven Juno awards, received a star on Canada’s Walk of Fame and this year were inducted into the Canadian Music Hall of Fame.

Jim Cuddy performs during a recent visit to the University of Saskatchewan. SIMON HIATT/FOR METRO

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber

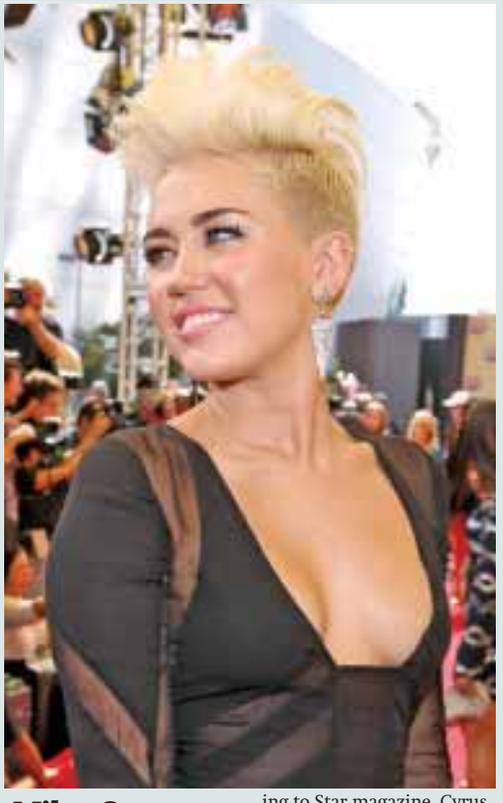
Stop the presses! Justin Bieber has a hamster

Justin Bieber likes to keep things interesting while on the road, and keeping things interesting apparently involves carting around a pet hamster named Pac.

"This is Pac the hamster, my new Believe Tour pet," Bieber says in a post to Twitter that includes a photo of the tiny rodent. "I will bring him to every meet-and-greet."

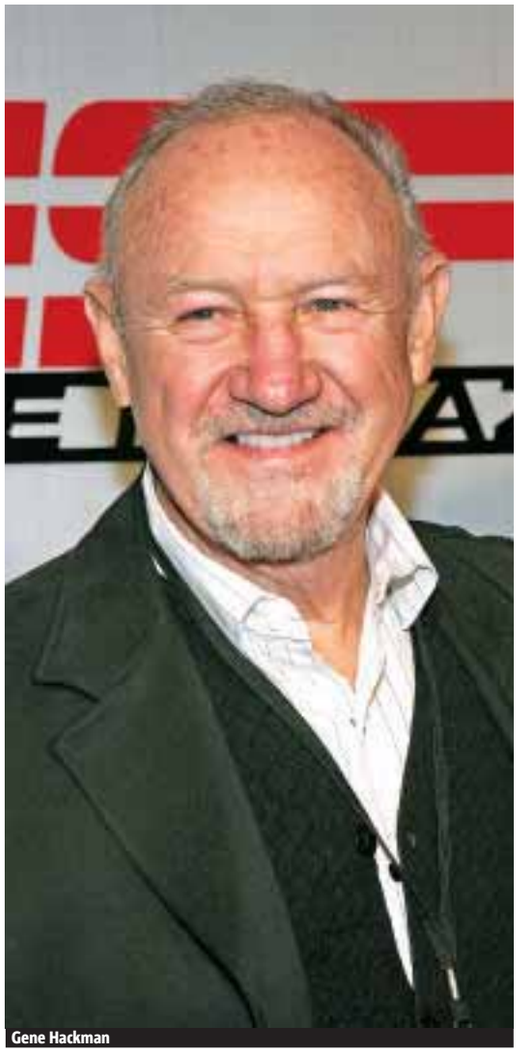
Bieber has since posted numerous photos.

The Word



Miley Cyrus to have three weddings across planet

Miley Cyrus is reportedly planning to go all out when she marries fiancé Liam Hemsworth, celebrating with three lavish weddings around the globe, according to Star magazine. Cyrus and Hemsworth, who announced their engagement in June, are said to be planning separate ceremonies in Los Angeles, her native Tennessee and his hometown of Melbourne, Australia. All three ceremonies will reportedly take place next year — with a different wedding dress for each — and Cyrus had reportedly budgeted $1 million for the endeavor.



Gene Hackman

Don't mess with Gene Hackman

Gene Hackman reportedly slapped a homeless man who had accosted Hackman and his wife, Betsy Arakawa, outside a restaurant in New Mexico, according to TMZ.

The man, Bruce Becker, reportedly approached the couple as they were leaving the restaurant, and an argument ensued, culminating with Becker insulting Arakawa and Hackman defending himself by striking Becker. The police were called but no charges were made against Hackman, as it was determined he acted in self-defence. His rep did not respond to a request for comment.

Russell Brand giving celebrities advice

Russell Brand, who is something of an expert when it comes to facing problems with drugs and alcohol, could offer troubled starlet Lindsay Lohan some pretty valuable advice, but he's saving it for Lohan herself.

"If I did have (advice), I'd give it to her directly," Brand tells Hollyscoop. "Lindsay, I don't suppose you got a phone or anything."

Twitter

@katyperry
I'm starting to rationalize with Doomsday preppers. *whistles a particular REM song*

@billmaher
Looking forward to James Bond movie; Obama's like him cuz he's cool, has license to kill; and Mitt's like him cuz he's been 6 different guys

@realjaclynsmith
An honest person is a person who can play chess on the phone.

@SteveMartinToGo
Even though we've had to cancel all the shows due to the storm, in an unprecedented move, we are going to keep all the ticket money.

Going out on a Lim: A Reitmans-Martin mash-up

Power couple.
Metro gabs with dynamite design duo Martin Lim and their Reitmans collaborator Brigitte Martin about inspiration, comfort and accessibility in fashion

BRIGITTE NOËL
life@metronews.ca

Montreal-based design duo Martin Lim has wasted no time becoming a recognizable name in the Canadian fashion industry. With a mere four collections under its belt, the nascent label has already garnered critical acclaim and won the prestigious Mercedes-Benz Start Up program. Now, the designer power-couple of Danielle Martin and Pao Lim are collaborating with Reitmans on a capsule collection of 10 dresses.

So how did this collaboration start?

Brigitte Martin (Reitmans merchandise manager): When we were in Toronto last year, (Martin Lim) were showing and they really were loved by the public, so they were on our radar. We weren't sure who they were, we thought it was one person. We wanted to meet them and when we did, it was even more than we expected.

Pao Lim: We were excited by the news, the first meeting just fit. We were surprised, because we're a relatively young business.

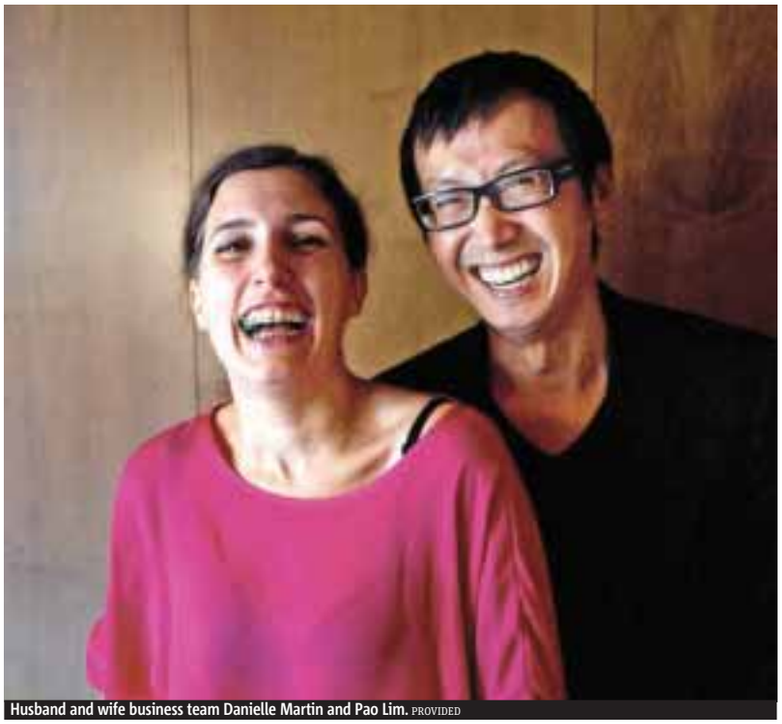
So how did it go from there?

Brigitte: They weren't sure if at first they should come up with new ideas, but I said no, we love what we've seen so far, that's the real DNA of Martin Lim. I don't know if it was so clear for you what your DNA was for us?

Danielle Martin: Somehow yes and no. If we love something we just make it, we don't think, "is it our DNA or not?" But when we had to create the collection here, we really had to think, OK, what is Martin Lim about, what is significant in our style?

Pao: It's a very concise collection, so every dress has to be recognizable. It's more of a challenge for us.

You used some quite interesting elements, some vegan leather, even neoprene.


Husband and wife business team Danielle Martin and Pao Lim. PROVIDED

Pao: We bound two fabrics together to have that neoprene look: we use silk and we bind it to jersey to have that comfort.

Brigitte: It's the mix of all the fabrics that was a surprise for us. Without intending to, their signature touches came through. The first ideas they drew were the bodycon shift dresses. They were doing a plus and a petite also … Danielle has an interesting way of talking about plus, she calls it "épanouie," which is a blossom.

Danielle: Pao wanted a bodycon dress for the plus sizes, he wanted to have the shape and the curves.
Pao: Yes, it glorifies the woman curve. Very often, when people design plus sizes, they tend to try to cover the body. We say, why hide?

Danielle: I really like to use the silhouette to attract le regard to the décolleté, to the front. For a petite, (the dress) just elongates the legs. The waist is slightly higher. You can wear it with a jacket, or without, or go to dinner.

From office to party!

Brigitte: Yes! That was the versatility we were looking for, that's sort of part of our brand platform — versatile and comfortable. That's not what you think when you see this collection. (Comfort) wasn't the ultimate goal at the beginning, but it wound up working very well.

Danielle: I have to see if I can sit, if I can walk, if I can live in my clothes.

How did you imagine women feeling in these clothes?

Danielle: When we create, we always think about different women — women we know, women we see on TV, friends of ours.

Pao: It's a combination of different personalities, different characters. Every season, we give names to dresses — I think it's very interesting when you give names to clothes because you really picture somebody wearing it.

Danielle: It gives it a personality, so you can get more attached to your garment.

THE MARTIN LIM FOR REITMANS COLLECTION IS AVAILABLE ONLINE ON NOV. 1 AND IN SELECT STORES ON NOV. 2.

Let's hear it for the boys

Ladies, while you're shopping for the best of the dresses, do a good deed and give a thought to your man's duds. Tip Top Tailors provides you with everything you need to know to get him perfectly suited up this season:

- **What black was, blue is.** And grey for that matter. While he can still wear his black suit, it's time to lead him toward charcoal grey or mid-blues, both of which are now looking very sophisticated.
- **It's all about the fit.** And the fit is changing. Men's suits and sports jackets are a little leaner even if he isn't! You may have to lead him toward a suit that fits as close to the body as he's comfortable with. But don't confuse this with tight — he needs to look at ease in it.
- **They're back and they're back big!** Sports jackets, dormant these last few years, are looking terrific and they're perfect for business. Fabrics are lush (think suede and velvet), colours range from rich to muted. He can be a bit bolder here than he might be with a suit as long as he pairs it with a neutral pant.

Show off your shape

"Very often, when people design plus sizes, they tend to try to cover the body. We say, why hide?"
Pao Lim
Co-creator of Martin Lim

Three to compare

LIMI

It's a mixing of texture, the bonding of the shine with the knit, and the injection of colour on top. It just lifts you.

- Brigitte Martin, Reitmans

BIJOUX

It's just a nice, easy, timeless dress in terms of the way that it moves with you and you can keep it forever.

- Brigitte Martin, Reitmans

MARIA

I really like to use the silhouette to attract "le regard," to the décolleté, to the front, with that green piece.

–Danielle Martin, Martin Lim

LIFE 3

Easy seasonal room updates

Your space. Get an affordable new look in a matter of minutes

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Updating your place can be done quickly and inexpensively by shaking up your accessories.

With fall settled in and winter on its way, adding a few trend-setting home comforts will help give your rooms a boost.

What's hot for fall/winter is bold patterns and strong colours.

Here's a primer as to what changes will give you the biggest bang for your buck.

Modular carpet tiles are a great way to add creativity to an entrance. FLOR.COM

Front Entrance

Here's your chance to create a stylish welcome with something that is not only attractive, but useful.
A series of modular carpet tiles can be arranged to fit any entrance and the design/colour choices are endless. They are usually made of synthetic, durable low-weave carpeting pieces, so are flat enough to slide under existing closet hall doors and simply stick in place to the floor with safety tape. Other ways to add pizzazz to your front entrance: a new pendant light, a wall hung mirror, or simply paint the inside of your door a fashionable colour.
Remembrance carpet tiles, flor.com

Liven up your bedroom with bright bedding sets. URBANOUTFITTERS.COM

Bedding

The bed is the largest piece of furniture in the bedroom, so making a seasonal change with bedding means changing a large part of the room. Try to include colours that already exist in the bedroom so that your new bedding blends with the entire room's decor scheme. Don't forget the designer details such as a co-ordinating bedskirt, pillow shams and a decorative top blanket. Other ways to liven up your bedroom: add stationary drapery panels on each side of the window, paint the wall behind the bed a fashionable colour or add a new upholstered headboard.
Paper Medallion bedding, urbanoutfitters.com

Consider pillows to be artwork for the sofa. POTTERYBARN.COM

Living room

For most good decorators, the colour of the sofa is neutral, which means injecting some colourful pillows isn't that difficult. Wondering where to find inspiration for your new pillows? Look no further than a great colour in your artwork or area rug to create a pulled-together room.
Other ways to decorate your living room:
a new area rug, lampshades or a cosy throw will all help to take your room from boring to fabulous for just a few dollars and in just minutes.
Suzani embroidered pillow cover, potterybarn.com

jiffy lube
"BE WISE WINTERIZE"
272 Albert Street 775-2600
317 Victoria Ave. E 352-7414
MONDAY TO WEDNESDAY 8AM - 6PM
THURSDAY TO FRIDAY 8AM - 7PM
SATURDAY 8AM - 5PM
✔ Warranty Approved ✔ No Appointment Necessary ✔ 20 Point Inspection
$10 OFF WINTER MAINTENANCE PACKAGE*
*Includes Wiper Blades. Not valid with any other offer. One coupon per visit. WARRANTY APPROVED. Coupon expires Dec. 30, 2012.
$10 OFF FULL SYNTHETIC OIL CHANGE
Not valid with any other offer. One coupon per visit. WARRANTY APPROVED. Coupon expires December 30, 2012.
$15 OFF •Tranny Flush •Coolant Flush •Differential •Transfer Case
Not valid with any other offer. One coupon per visit. WARRANTY APPROVED. Coupon expires December 30, 2012.

Biodegradable

Stoop and scoop the green way

Are biodegradable doggie-poop bags actually greener?
-Allison, at the dog park

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Choosing to bag Fido's business in a biodegradable poop bag is absolutely the green choice. Given the correct conditions, biodegradable poop bags will perform as promised.

Here's the hitch. The conditions in landfills are anything but correct. In most landfills, conditions prevent organic material from decomposing. Furthermore, poop in landfills leads to water contamination and methane gas production, which is why most landfills actually have a no-feces (dog or otherwise) policy.

So the question isn't one of wrapping — choose the green bags — but one of disposal.

First of all, do pick up the dog poop! Short of the gross factor, the big problems with leaving the poop to nature in high-density areas are:

• Dog poop is carried by storm water directly into waterways, where it causes bacterial contamination.

• It's nitrogen-rich so it depletes oxygen levels, hurting fish and other wildlife.

There are responsible ways to keep the doggie-doo out of the landfill and to make sure those biodegradable poop bags have a chance to work their magic.

• Compost the poop.

• Flush the poop.

If your knee-jerk reaction to dog-poop compost is less than sunny, it's time to reconsider. With proper set-up, composting yields rich soil and safely returns the poop to the earth. Popular home composting methods include:

• A compost pit — About one metre deep by one metre wide, with a cover.

• Dog poop compost bins — available at pet stores and garden centres.

• Vermicompost — gross, sure! But it works.

Dog-waste compost should be kept separate from other compost and is best used on ornamental — not edible — gardens.

Prefer to flush the poop? Biodegradable — but not compostable or degradable — baggies can be flushed, making it simple to send your dog's poop down the pipes. Just be sure to check with your municipality to ensure the sewage system can handle the grit.

Compostable bags require the heat of a compost pile to break down, so they cannot be flushed. And beware of the word degradable (as opposed to biodegradable) which refers to formulated polythene. Polythene bags will fragment, not biodegrade, leaving tiny bits of plastic in the water.

Not cleaning up after your dog can have negative impacts on the environment. ISTOCK IMAGES

Worried about your sushi rolling skills? No need with these squares

Smoked Salmon Sushi Squares

This recipe makes 16 servings. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

My corporate clients vote this their favourite appetizer. It's the perfect solution for those who shy away from sushi because of concern about eating raw fish.

The key is cooking the sushi rice properly. I always use a water-to-rice ratio of one-to-one, never stir the rice, and keep it covered even when it's cooling — using a rice cooker is easy, since it can never go wrong. You can find rice wine vinegar already flavoured for sushi, so you don't have to add any sugar. Nori is available in good quality supermarkets and Asian food shops.

Ingredients

- 2 cups sushi rice
- 2 cups water
- 1/4 cup rice wine vinegar
- 1 tbsp granulated sugar
- 16 thin slices English cucumber (unpeeled)
- 4 oz smoked salmon
- 1 tbsp light mayonnaise
- 1/2 tsp wasabi (Japanese horseradish)
- 1 sheet nori (dried seaweed)
- 1 tsp sesame seeds, toasted
- low-sodium soy sauce, wasabi and pickled ginger (optional)

1. Combine the rice and water in a saucepan. Bring to a boil and boil for 1 minute. Reduce the heat to low, cover and cook for 12 minutes. Remove from the heat and let stand, covered, for 10 minutes.

2. While the rice cooks, combine the vinegar and sugar in a small saucepan. Bring to a boil, stirring to dissolve the sugar. Remove from the heat.

3. Turn the rice out into a large bowl. Stir in the vinegar and sugar mixture. Cool just until the rice no longer feels hot. Don't let the rice get cold or it will dry out.

4. Line an 8-inch-square baking dish with plastic wrap. Cover the bottom with the cucumber slices. Lay the smoked salmon over top. Mix the mayonnaise and wasabi together and spread over the salmon.

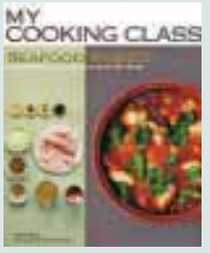
5. Place half of the rice over the mayonnaise. Pat it firmly to an even thickness, dipping your fingers in water to prevent the rice from sticking to your hands. Top with the nori. Add the remaining rice, patting it firmly to an even thickness.

6. Invert onto a serving platter and cut into 16 pieces. Sprinkle with the sesame seeds. Serve immediately, or cover with plastic wrap and refrigerate for up to 8 hours. Serve at room temperature, garnished with soy sauce, wasabi and pickled ginger, if desired.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Cookbook of the Week

Dive into the sea



With step-by-step photo directions and 86 recipes, My Cooking Class: Seafood Basics by Abi Fawcett is your guide to mastering seafood. Tutorials demonstrate basic techniques such as filleting a cooked round fish and butterflying shrimp, and concise instructions remind cooks of the do's and don'ts of handling seafood.

Seafood Basics is divided into eight chapters and includes recipes such as: Classic Fish Stew, Crab Bisque, Moroccan Fish Tagine, Louisiana Seafood Gumbo, Saltencrusted Sea Bass, Fresh Fish Pizza, Creamed Clam Linguine, Quick Monkfish Curry, Maryland Crab Cakes, Lobster with Cayenne, Stuffed Baked Squid and Spanish Seafood Paella. METRO

Peanuts and cucumber give salmon fresh nutrition boost

Here's an easy and light dinner option that combines the fresh tastes of lime and jalapeno and delivers healthy omega-3 fatty acids.

For a spicier relish, add more jalapeno and/or include the seeds.

You can also serve the relish over grilled lean steak or chicken instead of salmon.

This recipe considers the nutritional needs of people who live with diabetes.

This recipe serves four. NEWS CANADA

Ingredients

- 1 cup (250 ml) English cucumber, diced
- 1/3 cup (75 ml) unsalted dry-roasted peanuts, chopped
- 1/4 cup (50 ml) fresh mint, chopped
- 1 jalapeno, seeded and diced (optional)
- 1 tbsp (15 ml) fresh lime juice
- 1 tsp (5 ml) finely grated lime zest
- 1 tsp (5 ml) granulated sugar
- 1/2 tsp (2 ml) freshly ground pepper
- 4 salmon fillets (about 4 oz/120 g each)
- 2 tbsp (30 ml) sweet Thai chili sauce

1. Toss the cucumber with the peanuts, mint, jalapeno (if you are using), lime juice, lime zest, sugar and half each of the pepper. Set aside.

2. Meanwhile, lightly coat a non-stick skillet or grill pan with cooking spray and set over medium-high heat. Season the salmon with the remaining pepper and cook for 4 to 5 minutes per side or until just coral in the centre.

3. Brush the fish with the chili sauce just before removing from the skillet. Taste and adjust the seasonings of the relish as preferred.

4. Spoon the relish over the salmon to serve. NEWS CANADA/ PEANUTBUREAU.CA

Salmon & Gouda Burgers. Fancy fare, casual dinner

1. With sharp knife or food processor, chop salmon finely.

2. Heat oven to 220 C (425 F). In bowl, place all ingredients, except buns and garnishes. Season to taste and combine. Divide preparation into 4 to 6 parts and shape into patties. Place patties on parchment-lined baking sheet on centre rack of oven. Cook burgers for 15 minutes, turning over once.

3. Heat buns and place burgers on them. Garnish with mayonnaise, carrots and cucumbers.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients

Salmon and Gouda Burgers

- 650 g (1 1/3 lb) skinless, boneless salmon fillet
- 1 clove garlic, chopped
- 3 green onions, chopped
- 10 ml (2 tsp) finely chopped ginger root
- 5 to 10 ml (1 to 2 tsp) sesame seed oil, to taste
- 30 ml (2 tbsp) soy sauce
- 30 ml (2 tbsp) chopped fresh coriander
- 1 egg
- 150 ml (2/3 cup) panko crumbs
- 90 to 125 g (3 to 4 oz) Gouda cheese, finely diced
- Freshly ground pepper, to taste
- 4 to 6 small sesame seed burger buns

Garnishes

- 50 ml (1/4 cup) mayonnaise
- 125 ml (1/2 cup) grated carrots
- 24 thin cucumber slices

Picard stands out among Riders' award nominees

CFL. Saskatchewan offensive lineman 'flattered' by pair of year-end nods

JEFF MACKEY
jeff.mackey@metronews.ca

Five Riders were nominated for CFL awards on Wednesday: Weston Dressler, Dominic Picard, Tyron Brackenridge, Xavier Fulton and Sam Hurl.

Picard stood out among the nominations. He was picked for most outstanding offensive lineman and most outstanding Canadian.

"It means a lot to me, seriously I am really flattered," said Picard. "I have been working hard all year but I have great teammates too and they helped me to stand out."

Members of the Football Reporters of Canada as well as CFL head coaches selected the nominees.

"I am proud to see those guys are getting recognition," said Riders head coach Corey Chamblin.

The Riders head to B.C to play their regular-season finale against the Lions on Saturday at 8 p.m.

Riders award nominees

- **Most outstanding player:** Weston Dressler
- **Most outstanding Canadian:** Dominic Picard
- **Most outstanding offensive lineman:** Dominic Picard
- **Most outstanding defensive player:** Tyron Brackenridge
- **Most outstanding rookie:** Xavier Fulton
- **Most outstanding special-teams player:** Sam Hurl

At practice on Wednesday, many starters were playing a reduced role.

"We are trying to look for guys that will play in the playoffs should someone get hurt," said Chamblin.

Chamblin also told media that quarterback Darian Durant won't be playing full-time against the Lions.

"He is going to play the half of this game," said Chamblin. "It is one of those things where he is just going to end up changing depending on the stress from the hits."

Roughriders head coach Corey Chamblin addresses media on Wednesday after practice at Credit Union EventPlex.
JEFF MACKEY/METRO

Pacers rip win from Raptors' grasp

Pacers Tyler Hansbrough and Paul George battle for the ball with Raptors centre Jonas Valanciunas on Wednesday in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

David West scored 14 of his 25 points in the fourth quarter Wednesday as the Indiana Pacers edged Toronto 90-88, spoiling what had been a thrilling Raptors regular-season opener at Air Canada Centre.

Kyle Lowry scored 21 points, while Jonas Valanciunas had 12 points and 10 rebounds in his NBA debut for the new-look Raptors.

Five Raptors scored in double figures as Andrea Bargnani added 16, Jose Calderon finished with 15, and DeMar DeRozan finished with 10.

Roy Hibbert and Paul George added 14 apiece for the Pacers.

Opening night

Pacers	Raptors
90	88

The Raptors took a 71-63 lead into the fourth quarter of a nail-biting see-saw battle that featured 15 lead changes to that point. But some major defensive lapses left a wide-open West draining shot after shot in the final few minutes.

THE CANADIAN PRESS

Raptors swing a deal

The Raptors agreed on a contract extension with forward DeMar DeRozan ahead of Wednesday's midnight deadline.

- According to sources, the 23-year-old agreed to terms on a four-year deal worth $38 million US.
- DeRozan played in 63 games last season, averaging 16.7 points, two assists and 3.3 rebounds per game.

Tennis

Raonic tops Chardy in Paris

Canadian Milos Raonic reached the third round of the Paris Masters with a 6-7(4), 7-6(4), 6-3 win over Jeremy Chardy on Wednesday. Raonic kept his hopes alive for a late spot at the World Tour Finals in London. THE CANADIAN PRESS

NBA

Harden signs 5-year deal with Rockets

James Harden agreed to a five-year, $80-million US contract with the Houston Rockets on Wednesday.

The Rockets acquired the reigning Sixth Man of the Year in a stunning trade with Oklahoma City on Saturday night. Harden was expected to start in Houston's season opener against the Pistons in Detroit on Wednesday night.

Rockets general manager Daryl Morey called Harden a "foundational player" at his introductory press conference this week. He'll become the featured player in Houston after three seasons playing behind Kevin Durant and Russell Westbrook in Oklahoma City.

THE ASSOCIATED PRESS

New Rockets guard James Harden
THE ASSOCIATED PRESS FILE

MLB

Oliver, Davis back with Jays

The Toronto Blue Jays exercised the $3-million US club option on left-hander Darren Oliver's contract Wednesday and signed outfielder Rajai Davis to a $2.5-million, one-year deal.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
At some stage today, you will have to admit that you got it wrong about someone to whom you took a disliking. It seems they are not so bad after all. Who knows, given time you may even become friends.

♉ Taurus
April 21 - May 21
Someone in a position of power will make things happen for you, and you should be suitably grateful. Your path to the top will be a lot smoother if you become friends with people who can open doors for you.

♊ Gemini
May 22 - June 21
If you are on the move today, you will enjoy your journey more if you travel with like-minded people. Be adventurous but be friendly too. You won't have to try too hard to make a good impression.

♋ Cancer
June 22 - July 23
If you need to get back on good terms with someone you have fallen out with, now is the time to work things out. Don't let your pride stop you from making the first move. Soon you will be best buddies again.

♌ Leo
July 24 - Aug. 23
If you are looking for a new love, you may find it over the next 24 hours. However, as romance planet Venus opposes changes planet, Uranus, it may not be long-lasting, so don't take it too seriously.

♍ Virgo
Aug. 24 - Sept. 23
Strive to stay on good terms with people you have to work with on a day-to-day basis. The last thing you want is to fall out with someone whose presence you cannot avoid. Be nice. It's not so difficult.

♎ Libra
Sept. 24 - Oct. 23
You need to talk over your differences with a loved one who has been difficult to get along with of late. Most likely the cause of their annoyance is petty and easily resolved. Approach them about it today.

♏ Scorpio
Oct. 24 - Nov. 22
Because you don't like to let strangers see your vulnerable side, you can at times seem a bit hard and emotionally distant. What happens today will show your caring, sharing side. Some may be surprised it exists!

♐ Sagittarius
Nov. 23 - Dec. 21
No matter how much you know or think you know, there is always something new to learn and what you discover today could change your life in so many ways. Never stop loving, laughing and learning.

♑ Capricorn
Dec. 22 - Jan. 20
There is no point worrying too much about your cash flow but on the other hand you cannot afford to ignore it completely. Changes (and savings) need to be made but they don't have to be excessive.

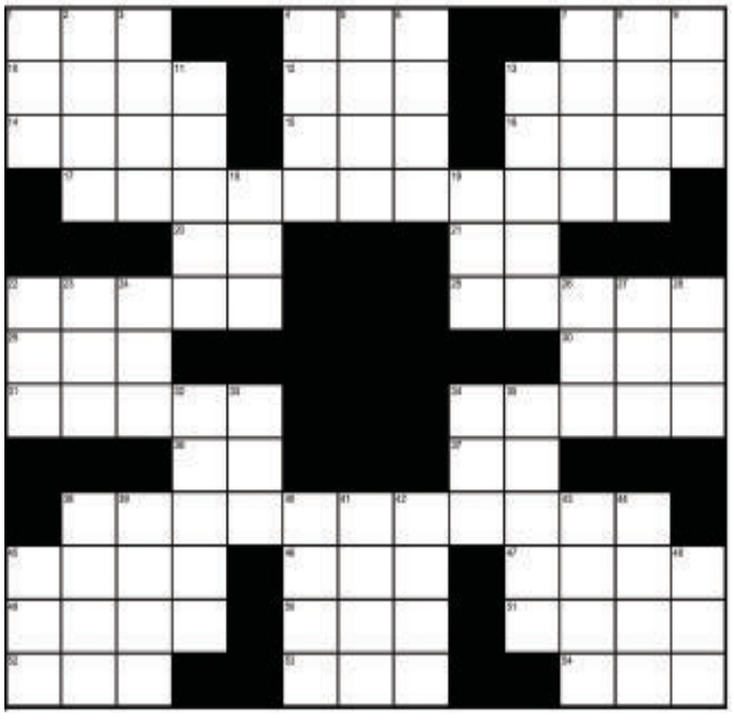
♒ Aquarius
Jan. 21 - Feb. 19
No matter how ambitious you may be, you know it is never right to take advantage of other people to get to the top. Someone you work with needs to be reminded of that fact today — maybe quite sharply.

♓ Pisces
Feb. 20 - March 20
Forget about what might have been. Think only about what will be. There is no point feeling regret or remorse. It won't change a thing. Today is the first day of the rest of your life. Use it and enjoy it.

SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



Across
1. Pigs abode
4. Response to a ques.
7. Resort
10. Blouse or skirt line
12. — Paulo, Brazil
13. Nova
14. Allowance
15. Feel poorly
16. Army vehicle
17. Winter happenings (2 words)
20. "Shall — Dance"
21. Weatherman Roker
22. Rent
25. Actor/Director Woody —
29. Actress Dolenz
30. Food for Mister Ed
31. A great lake
34. Due —
36. South Carolina neighbour (abbr.)
37. Et —, Brute
38. Varieties
45. Healing lotion
46. Mineral
47. Gab
49. Ernie's buddy
50. Pub
51. Merit
52. File extension
53. Ogle
54. Embroider

Down
1. Supersonic jet
2. Afternoon socials
3. Kitten plaything
4. Quickly
5. Hammer partner
6. By oneself
7. Ollie's partner
8. Agony
9. Noah's vessel
11. Cat's cries
13. Yet
18. Tiny
19. Babies cry
22. — de dah
23. Australian bird
24. The Fresh Prince of Bel —
26. Ed Asner role on The Mary Tyler Moore Show
27. Consume
28. Ultimate degree
32. Beginning
33. Non-commissioned Officer (abbr.)
34. Sault — Marie
35. An — of prevention....
38. Jeopardy host
39. Achy
40. Judge's garment
41. Waiter's burden
42. Only
43. — 70's Show
44. Gilbert of The Talk
45. President Lincoln, to some
48. Dynamite

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1			3		2		
				4			6	3
				9	6	8		7
7	6				9		8	
				2				
	8		4				3	5
2		4	1	8				
6	3			5				
		1		7			9	

Yesterday's Sudoku

Sharability

easy hard

University of Regina

Earn while You Learn

Last year, University of Regina co-operative education students **EARNED** $8 million
(While they were still students)

Realize. Your Future.

www.uregina.ca/futurestudents